

## CLAIMS

We claim:

1. An exercise unit comprising:
  - a frame;
  - a seat positioned on said frame;
  - 5 a resistance engine attached to said frame and utilizing elastomere springs;
  - an actuator attached to said resistance engine
  - wherein said resistance engine provides a constant load to a user when said actuator is actuated.
- 10 2. An exercise unit as defined in claim 1, wherein said resistance engine is able to be selectively pre-loaded.
3. An exercise unit as defined in claim 1, wherein:
  - said actuator is a cable.
4. An exercise unit as defined in claim 3, wherein:
  - 15 said cable is a cord.
5. An exercise unit as defined in claim 1, wherein:
  - said frame defines a bench; and
  - said resistance engine is positioned completely below said seat.
6. An exercise unit as defined in claim 3, further comprising:
  - 20 a spiral pulley positioned between said resistance engine and said cable.
7. An exercise unit as defined in claim 3, further comprising:
  - means for modifying said increasing load into a constant load when a user actuates said resistance engine.
8. An exercise unit as defined in claim 7, wherein said means comprises a spiral pulley.
9. An exercise unit comprising:
  - a frame;
  - a seat positioned on said frame;

- means, attached to said frame, for providing a constant load to a user, said means utilizing resilient bands;
- an actuator attached to said means.
10. An exercise unit as defined in claim 9, wherein:  
said means are located below said seat.
- 5 11. An exercise unit as defined in claim 10, wherein:  
said frame defines a bench exercise unit.
12. An exercise unit as defined in 9, wherein:  
said means includes a means for pre-loading.
- 10 13. A bench exercise unit comprising:  
a frame;  
a seat positioned on said frame;  
a resistance engine utilizing resilient bands and including means for providing a constant load;
- 15 at least one movable arm;  
an actuator attached to said resistance engine and said arm for use by a user in effecting an exercise motion.
14. A bench exercise unit as defined in claim 13, wherein:  
said at least one arm is movable in one dimension.
- 20 15. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in two dimensions.
16. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in three dimensions.
- 25 17. A bench exercise unit as defined in claim 13, wherein:  
said actuator is a cable; and  
said cable is attached to said resistance engine by a cable pulley system.
18. A bench exercise unit as defined in claim 17, wherein:  
said means for providing a constant load is a spiral pulley.
- 30 19. A bench exercise unit as defined in claim 13, wherein:

said at least one arm includes two arms, one on either side of said bench;

means for interconnecting said arms to allow both arms to move upon the repositioning of one of said arms.

5        20. A bench exercise unit as defined in claim 19, wherein said means for interconnecting said arms is a chain drive mechanism.

10      21. A bench exercise unit comprising:  
                a frame;  
                a seat positioned on said frame;  
                an adjustable load resistance engine; and  
                wherein a user can personally relocate the exercise unit.

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